

# Re-Treat Yourself

Women's Wellness Retreat

Schedule

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*Saturday, March 28th*

*Day 1 - Your Outer Glow!*

## **10-10:30- The Fun Starts!**

Learn more about your hosts and fellow guests as well as hear an inspirational greeting from our spokesperson, Randi Chase, award winning Morning Show Host on Real Country 95.5

we will also take a quick look at how social media affects our confidence, and dig in to two days of fun and relaxation with a side of learning.

## **10:30-11:30 - Start Fresh!**

Experts from Dermalogica will give a quick talk on skincare and how to cleanse and care for your skin.

You will be given professional products to cleanse and prep for an exciting day ahead!

## **11:30-12:30- Behind The Brow**

Learn about brow shaping and maintaining your look.

With a fresh cleansed face its time for you to get your brows done!



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*Day 1 - Your Outer Glow! Continued*

**12:30 - 1:30 pm - Lunch**

**1:30-5:30pm**

## **Mini Makeovers & Photo Shoots**

The team from New CID Cosmetics UK, will be here to give you your mini makeovers and provide you with tips and guidance to make the most of your makeup routine.

**7pm - Cocktail Social**

Enjoy looking and feeling fabulous as you take the opportunity to network with your new friends and ask any questions from your hosts, and spend time enjoying the evening!

You are free to go wherever the night takes you!  
See you tomorrow for some inner wellness, confidence boosting and more fun!

# *Sunday, March 29th*

## *Day 2 - Your Inner Glow*

### **10:30-11:00 Optional Morning Workout Fun!**

Learn and master a FUN full body workout you can do anywhere!  
There will also be a Q&A session for any needed workout modifications.

### **11:30-12:30 - Singing for Stress Relief!**

No singing experience required!! Learn the breathing techniques of singers to reduce stress, improve mood, release endorphins and lower blood pressure. We will also look at maintaining vocal health for anyone who uses their voice lots!

### **12:30 - 1 pm - Lunch**

### **1:00-2:00 - Nutrition**

Learn to nourish your body with Liz Campbell of M12 Fitness as she shows you how to make enjoyable effective choices without turning your kitchen upside down.

### **2:15- 3.00 Love Your Body!**

Learn how to maintain and ENJOY a healthy lifestyle and balance wellbeing at all stages of life including motherhood.

### **3:-3:30- Yoga & Stretching for Injury Prevention.**

Get centred and wrap up the weekend with Shaelyn Scott, certified yoga teacher and RMT.

### **5pm - Wrap Up and Thank You**